

# WIC News



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## WIC Approved Foods

Effective November 1, 2010 for the state of Wisconsin, WIC will transition to a new WIC Approved Foods booklet and replace the preceding booklet you currently carry. The new book is re-edited and reformatted. Here are a few reasons why we decided to make the switch:

1. the updated booklet will be visually appealing with more pictures and graphics;
2. it presents a more simplified understanding of what you can purchase with your WIC checks;
3. the food packages have been adjusted to allow soy milk for clients who cannot tolerate regular milk and

have been prescribed soy milk by their physician;

4. most importantly it should create a smooth shopping experience for you!

When November arrives, we will provide you with the new booklet upon your visit. When you receive the new booklet, please discard your old booklet. We will be available at clinic and in our office to answer any questions regarding the new booklet. We hope this will be a smooth transition for you and we wish you a wonderful holiday season!

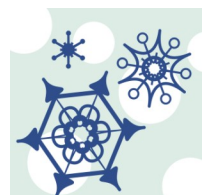
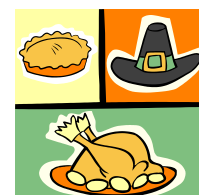


## The Holidays are Coming!!!

When you are at one of our WIC clinics, please check out our new quarterly Nutrition Display. For the next three months, our primary focus will be about Healthy Holiday Eating. Aren't we all looking forward to the festive turkey dinner and all the fixings?! But we should also take into consideration our eating habits, cooking methods, and our physical activity. Many peo-

ple may stress out about gaining weight, but if we learn to make lifelong healthy choices there is no harm done enjoying the traditional meal! When the Holiday arrives, you can set yourself as a perfect example for your children, your spouse or other family members by making simple healthy choices. If you feel you already are achieving this, keep up the good work!

When you take the time to view the Nutrition Display, try a few of the suggestions offered to help improve the health and wellbeing of your family this fall!



## In Case of Bad Weather...

If you are scheduled to come to clinic but you discover nasty winter weather outside your window, listen to local radio stations to find out if clinic has been canceled. The following stations will announce any changes or cancellations to our scheduled WIC clinics:

WGLR 97.7 FM  
WPVL 107.1 FM  
WRCO 100.9 FM

Your safety is important to us! Please check the radio stations if severe weather is present. If clinics are canceled, we will contact you to reschedule your appointment or your check pick-up date. We apologized in advance for any inconvenience. Bundle up and stay warm!!



*"Your safety is  
important to  
us!"*

*-Grant County  
WIC*

*"You won't miss  
the fat one bit when  
you slice into this  
spicy pumpkin pie"*

*-Sharon (Author of  
pie recipe)*

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WIC

## Winter Squash

Winter squash is harvested in the fall. The skin is hard and inedible; therefore they can be stored up to 3 months before cooking. The edible flesh within the squash is nutritious and rich in vitamins. There are many varieties of squash including butternut, acorn, spaghetti squash and many others. In addition there are a number of ways to cook and prepare the squash. The

most simple is to cut the squash in half, remove the seeds, and microwave the halved squash for about 7-10 minutes or until flesh is soft. It has a savory and slightly sweet flavor (you can also garnish with a little brown sugar). You can also bake, steam, and sauté the squash.

Not only is it great for children and parents but it is an excellent choice for

baby food! Once it is cooked, just simply mash or puree the flesh. No other ingredients required! Some moms may added breast milk or formula to the mashed squash to make it easier to chew.

Source:  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



## Recipe Corner

### Low-Fat Pumpkin Pie (8-servings)

Pumpkin Pie is the most 'looked forward too dish' among the staff of Grant County Public Health Department. Here is a modified recipe that will provide nutritional benefits!

- |                                                    |                                 |
|----------------------------------------------------|---------------------------------|
| 1 (15 ounce) can solid pack pumpkin                | 1/2 teaspoon salt               |
| 1 (14 ounce) can fat free sweetened condensed milk | 1/2 teaspoon ground cinnamon    |
| 1/2 cup egg substitute (or 2 eggs)                 | 1/2 teaspoon ground nutmeg      |
|                                                    | 1/2 teaspoon ground ginger      |
|                                                    | 1 (9 inch) unbaked pastry shell |



In a large mixing bowl, combine the first seven ingredients; beat just until smooth. Pour into pastry shell. Bake at 425 degrees F for 15 minutes. Reduce heat to 350 degrees F; bake 25-30 minutes longer or until a knife inserted near the center comes out clean. Cool on a wire rack. Store in the refrigerator.

-allrecipes.com